

# SMMUSD Elementary Lunch Menu

\*Menu Subject to change

Prepay online at [www.myschoolbucks.com](http://www.myschoolbucks.com)



**Daily Milk Options:**  
 1% white-(Breakfast & Lunch)  
 Nonfat White (Breakfast & Lunch)  
 Non-fat chocolate-(lunch only)



Did you know that your kids can go to the fruit and salad bar every day?

Yogurt Parfaits are Offered Daily



**Thursday-Nov. 1**  
**BUILD YOUR OWN BURGER**

Baked Potato Wedges



Assorted Deli Sandwiches

Vegetarian Option: Homemade Burrito

Haga su Propio Hamburguesa

**Friday-Nov. 2**  
**PIZZA FRIDAY!**

Cheese or Pepperoni Pizza  
 Garden Salad

Assorted Deli Sandwiches



Pizza de Queso o Salchicha

**Monday-Nov. 5**  
**Bosco Cheese Sticks**  
**W/Marinara**

Vegetarian Option: Homemade Grilled Cheese Sandwich

Assorted Deli Sandwiches

Palitos de Queso con Salsa Marinara

**Tuesday-Nov. 6**

*Pupil Free Day*

*No School for Elementary Sites*

**Wednesday-Nov. 7**  
**Orange Chicken**

Steamed Rice & Broccoli

Or

Popin' Chicken Salad

Assorted Deli Sandwiches

Vegetarian Option: Protein Box w/Bagel



Perro Caliente Empanizado

**Thursday-Nov. 8**

**Beef Taco**

Hard or Soft

Spanish Rice & Corn

Assorted Deli Sandwiches

Vegetarian Option: Homemade Burrito

Taco de Res

**Friday-Nov. 9**  
**PIZZA FRIDAY!**

Cheese or Pepperoni Pizza  
 Green Salad

Assorted Deli Sandwiches

Vegetarian Option: Power Pack

Pizza de Queso o Salchicha

**Monday-Nov. 12**

**VETERAN'S HOLIDAY**

**Tuesday-Nov. 13**  
**Crispy Chicken Sandwich**

Baked Cross Trax Fries



Assorted Deli Sandwiches

Vegetarian Option: Hummus Box

Sandwich de Pollo empanizado

**Wednesday-Nov. 14**  
**Teriyaki Chicken or General Tso Chicken**

Brown Rice

or

Chicken Cesar Salad

Assorted Deli Sandwiches

Vegetarian Option: Protein Box w/Bagel



Pollo con Salsa de Teriyaki

**Thursday-Nov. 15**  
**Hamburger/Cheese Burger**

Lays Potato Chips

or

Broccoli Slaw

Assorted Deli Sandwiches

Vegetarian Option: Homemade Burrito

Haga su Propio Sandwich

**Friday-Nov. 16**  
**PIZZA FRIDAY!**

Cheese or Pepperoni Pizza  
 Tossed Salad

Assorted Deli Sandwiches

Vegetarian Option: Power Pack

Pizza de Queso o Salchicha

**Monday-Nov. 19**  
**Baked Chicken Tenders**

Steamed Cauliflower & Carrots



Vegetarian Option: Homemade Grilled Cheese Sandwich

Assorted Deli Sandwiches

Piezas de Pollo

**Tuesday-Nov. 20**  
**Brunch For Lunch**

**Waffle Sticks**, Beef Sausage Patty,

Baked Tater Tots, 100% Juice

Assorted Deli Sandwiches

Vegetarian Option: Hummus Box

Palitos de Waffle

**Wednesday-Nov. 21**  
**PIZZA Wednesday!**

Cheese or Pepperoni Pizza

Green Salad

Or

Chef Salad

Assorted Deli Sandwiches

Vegetarian Option: Protein Box w/Bagel

Pizza de Queso o Salchicha

**Thursday-Nov. 22**

*No School*



www.thanksgiving.com 500512017

**Friday-Nov. 23**

*No School*



**Monday-Nov. 26**  
**Bosco Cheese Sticks**  
**W/Marinara**



Vegetarian Option: Homemade Grilled Cheese Sandwich

Assorted Deli Sandwiches

Palitos de Queso con Salsa Marinara

**Tuesday-Nov. 27**  
**Oven Baked Chicken**

Mashed Potatoes w/Gravy

Corn

Assorted Deli Sandwiches

Vegetarian Option: Hummus Box

Piezas de Pollo Horneado

**Wednesday-Nov. 28**  
**Rotini Pasta w/Meat Sauce**

Garlic Bread

Or

Southwest Chicken Salad

Assorted Deli Sandwiches

Vegetarian Option: Protein Box w/Bagel

Pasta con Salsa con carne

**Thursday-Nov. 29**  
**Orange Chicken**

Brown Rice, Steamed Broccoli



Assorted Deli Sandwiches

Vegetarian Option: Homemade Burrito

Piezas de Pollo a Sabor de Naranja

**Friday-Nov. 30**  
**PIZZA FRIDAY!**

Cheese or Pepperoni Pizza  
 Garden Salad

Assorted Deli Sandwiches

Vegetarian Option: Power Pack

Pizza de Queso o Salchicha

## HARVEST OF THE MONTH

**Health and Learning Success Go Hand-in-Hand:** Eating a balanced diet rich in fruits, vegetables and whole grains supports a healthy body and mind. With Harvest of the Month, your family can explore, taste and learn about fruits and vegetables and being active every day.










### Healthy Serving Ideas- Pears:

- Cut a pear in half and remove the core. Fill the center of each half with all-natural peanut butter or low fat yogurt. Sprinkle with granola and cinnamon for a healthy snack.
- Add sliced pears to spinach salads.
- Enjoy a whole pear for an afternoon snack.
- Talk with your child about fruits and vegetables that are in season. Find a recipe and make it together. For more ideas visit: [www.calpear.com](http://www.calpear.com).

### Produce Tips:

- Choose pears that look colorful and fresh with no bruises or holes.
- Test for ripeness by pressing gently near the stem. If it feels soft, it is ready to eat.
- To ripen a pear, place on countertop, in a bowl, or in a paper bag. If placed near apples, pears will ripen more quickly.
- Store ripe pears in the refrigerator.
- To keep sliced pears from turning brown, dip them into a mixture of one tablespoon 100% apple juice and one cup water.



 Cycle Date	2-Week Cycle Elementary Breakfast Menu 				
	 Menu is Subject to Change without notice				
<b>Cycle 1</b> Nov. 2 Nov. 12-16 Nov. 26-30	Coffee Cake Or Cereal w/ Graham Crackers	Biscuit w/Sausage Or Cereal w/ String Cheese	Pancakes Or Cereal w/ Graham Crackers	Assorted Muffin w/ Yogurt Or Cereal w/ String Cheese	Banana Bread Or Cereal w/ Graham Crackers
<b>Cycle 2</b> Nov. 5-9 Nov. 19-21	Blueberry Muffin Or Cereal w/String Cheese	Eggo Waffle Or Cereal w/Graham Crackers	Breakfast Pizza Bagel Or Cereal w/String Cheese	French Toast Sticks Or Cereal w/Graham Crackers	Build Your Own Yogurt Parfait Or Cereal w/String Cheese
<b>Offered with Every Breakfast:</b> Fruit: Assorted 4oz juice, fresh, or canned - Milk offered Daily: 1% and nonfat white					

**Did you know? You may qualify for CalFresh and/or Affordable Health Care Benefits? Visit Virginia Avenue Park Tuesdays, 8 am- 5 pm. For more information/appointments call 310-458-8688**

**Opt out of Nonfat Chocolate Milk via email at [fns@smmusd.org](mailto:fns@smmusd.org)**

### MEAL PRICES

Elementary Full Price Breakfast-\$1.50  
 Secondary Full Price Breakfast-\$1.75  
 Reduced Breakfast-\$0.30

Elementary Full Price Lunch-\$3.50  
 Secondary Full Price Lunch-\$4.00  
 Reduced Lunch-\$0.40

Adult Prices: Breakfast-\$2.25  
 Lunch-\$4.25